

NEW OCTOBER MEETING OF THE MINDS SHOW
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A new episode of the 10-minute monthly Los Angeles County Department of Mental Health's (LACDMH) *Meeting of the Minds* show is available for viewing on the department's website, Facebook page and YouTube channel. To view it from your personal computer, search for "LACDMH PIO" on Facebook and YouTube.

Funded by the voter-passed Mental Health Services Act (MHSA), the monthly *Meeting of the Minds* show informs residents about the latest news, updates and developments related to mental health and LACDMH. The show features three segments: News, Message from the LACDMH Director (Marvin J. Southard, D.S.W.) and Walk the Talk.

The news segment features the latest mental health-related information and stories. In this month's Message from the Director segment, Dr. Southard talks about the roles of hope and spirituality in the support of recovery. This month's final segment, Walk the Talk, is a one-on-one discussion with LACDMH Community Worker Gary Gougis. Featured in LACDMH's *Profiles of Hope* series, he shares his own personal journey of hope, wellness and recovery.

As part of LACDMH's anti-stigma and social inclusion campaign, *Meeting of the Minds* reinforces the Department's mission of *Hope, Wellness and Recovery*. Archived shows of *Meeting of the Minds* will be available on the LACDMH website as well as on the LACDMH Facebook and YouTube pages.